WHAT TO BRING TO GALILEO CAMP

**Recommended Clothing Checklist**

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Got it! | Item | Got it! |
| 3 x Shirts/T-Shirts (leave one with Bus) |  | 2 x Shorts (Leave one with Bus) |  |
| 2 x Long Pants (Leave one with Bus) |  | 3 x Socks and Underwear (leave one with Bus) |  |
| 1 Set of Thermal Underwear |  | Comfortable hiking shoes |  |
| 1 x Warm Jumper |  | Polar fleece jacket (or similar) |  |
| Sun hat and warm beanie |  | Light weight gloves/scarf |  |
| Thongs/sandals |  | Extra pair of shoes |  |
| **Caving:** 1 x Old long pants |  | **Caving:** 1 x Old long sleeve shirt |  |
| **Caving:** 1 x Old sneakers |  | **Caving:** 1 x Old socks |  |

**Please Note**: You will be *filthy* by the time you finish caving, therefore only bring that you don’t mind dirtying.

**Other Items Checklist**

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Got it! | Item | Got it! |
| Warm Sleeping Bag |  | 2 x 2 Liter Water and 1 x 1 Liter Water |  |
| Plastic bowl, plastic cup, spoon, fork, knife |  | 1 Roll of toilet paper |  |
| Insect repellent |  | Small hand towel |  |
| Shower towel |  | Camera |  |
| Day pack |  | 3 large garbage bags & 4 smaller plastic bags |  |
| 1 head torch and Batteries |  | 1 bottle of sun cream |  |

***The following equipment will be provided:***

***Backpack, Tent, Rain Jacket, Sleeping Mat, Trangea***

***IMPORTANT GEAR NOTES***

* **Hiking shoes:** must be well worn in and do not cause blisters or discomfort when worn for long periods. Must have a cushioned sole. Running shoes are appropriate. Do not bring light canvas shoes such as Dunlop Volleys.
* **Fleece jacket:** Highly recommended. Can be bought cheaply at second-hand stores. Pure wool is acceptable, but polar fleece is lighter and a more comfortable pillow. **No cotton.**
* **Shorts:** Polyester material preferred. No buttons as they cause discomfort with the backpack waist-strap.
* **Long pants:** Light tracksuit pants are ideal. **No jeans. No heavy cotton pants.**
* **Thermal underwear:** Highly recommended to keep you warm at night and during the day if it is cold.
* **Plastic bags:** 3 garbage bags and 4+ smaller bags e.g. shopping bags. These are **essential** to make sure your sleeping bag and gear stays dry if the weather is wet.
* **Head Torch:** Essential for caving. Make sure it’s working and there is a strong battery.
* **Old Clothing for caving:** You will get FILTHY during caving so bring old clothing.

**Toilet Facilities**

**There are no toilet facilities at the campsites. You will need to dig a hole and bury the toilet paper along with the feces.**

***REMEMBER:***

***Wednesday: You must arrive at school by 7:30am***

***Friday: The train arrives at Flinders Street at 3.10 and we’ll arrive at UHS at 3.30pm***

**Food Checklist**

**Water**

You are required to have **5 Litres** of water when we start the hike on the first day. We recommend you bring **2 x 2 Liter bottles** and a 1 Liter bottles.

The campsites are *not* serviced with water sources – therefore we must carry this amount of water to ensure we remain hydrated on the first night and have enough water to enable us to complete the second day hike.

During the hike on the second day, each walking group will have access to a creek, where you can refill your water bottles if you require – we will provide water purification tablets if you wish to drink this water.

**Breakfast x 2**

You will need to eat two breakfasts. We suggest you work together in your tent groups and decide on a suitable breakfast that will suit **everybody** in the group. You will then need to divide up the food evenly in your bags and divide the cost of the food between the group members. We also recommend that you carry the food in zip lock bags

*Possible Suggestions*

Cereals/Muesli Powdered Milk Fruit Energy Bars

**Dinner x 1**

You will eat one dinner at your campsite on the first night. This will be a cold meal. We suggest you work together in your tent groups and decide on a suitable dinner for everybody in the group. You will then need to divide up the food evenly in your bags and divide the cost of the food between the group members.

We suggest you eat wraps for dinner on the first night.

*Possible suggestions*

Wraps Cheese triangles Spinach/Lettuce Hard-boiled eggs Nuts

Tuna sachets (Safcol) Salmon sachets (Safcol) Avocado Carrot strips Cucumber

Make sure you check with other members of the group about allergies to certain foods; especially nuts

**Lunch x 1**

We suggest you also eat wraps on the second day for lunch. Bring enough ingredients for both meals.

Your food and water is your fuel for the hike.

Your ability to complete the hike will largely depend on the amount and quality of food and water that you bring.

You will need the following food for day one**:**

**Snacks**

You are required to carry a supply of snacks for yourself throughout the trip, depending on your appetite and how much energy you burn throughout the day.

*Possible Suggestions*

Fruit cereal bars peanut butter and crackers

chocolate sweets/lollies trail mix (nuts)

**Day 1 Food Checklist**

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Got it! | Item | Got it! |
| Snack for journey to Lilydale\* |  | Snack for hike |  |
| Pack lunch\* |  | Your contribution to evening meal |  |

\*Keep this in your day pack for day one.

**Day 2 Food Checklist**

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Got it! | Item | Got it! |
| Your evening meal contribution |  | Your breakfast contribution |  |
| Enough snacks for hiking |  |  |  |

**Day 3 Food Checklist**

|  |  |  |  |
| --- | --- | --- | --- |
| Item | Got it! | Item | Got it! |
| Breakfast contribution |  | Money for lunch in Warburton |  |
| Mid-morning snack |  |  |  |

N.B. All the food that is not eaten must be taken from the campsite and carried in your back pack. All packaging will of course be carried and disposed of when we reach our campsite on day two.